

ABSTRACT

THESIS: The Effect of Sports-Focused Nutrition Education Among Men and Women Collegiate Athletes

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The purpose of this experimental pilot study was to examine the relationship of nutrition knowledge, dietary habits, and nutrition behavior of collegiate men and women athletes at a Midwestern University (Ball State University) in Indiana. Other variables examined included demographic information. To evaluate and improve the nutrition knowledge and dietary practices among men and women Division I athletes, a series of four nutrition education classes was designed to increase nutrition knowledge and bring awareness of the specific nutritional concerns facing athletes. Subjects consisted of eighteen collegiate men and women swimmers at Ball State University in Indiana. Results indicated a four point increase ($p \leq 0.001$) in knowledge between pre and post nutrition education from 22.5 to 26.8 correct points out of 31 questions in both men and women subjects. A significant behavior change was seen in all eighteen athletes for five out of the six questions when pre and post nutrition education behavior change was measured. Nutrition education positively affected dietary habits among subjects when assessing protein and fat in men; and calcium and vegetable intake for both men and women.

These specific findings suggest the effectiveness of nutrition education among collegiate athletes.